

# BALANCE AND FALLS SIG


EXECUTIVE NEWSLETTER


NOVEMBER 2021



## INSIDE THIS ISSUE

 PG. 1 – Announcements

 PG. 2 –  
What's New  
Clinician Focus

 Get Access to BFSIG's  
Monthly Challenge!

Membership is quickly growing!  
Make sure to email  
[agptbalanceandfallssig@gmail.com](mailto:agptbalanceandfallssig@gmail.com)  
to be added to our email list to  
receive each monthly challenge.  
Each newsletter is equipped with  
suggestions to getting started.

## ANNOUNCEMENTS

- ◆ Congratulations to our current BFSIG Chair, Jennifer Vincenzo, for being elected to join the APTA Geriatrics Board of Directors as of February 2022!
- ◆ Welcome to our upcoming BFSIG leadership, beginning February 2022:  
**Chair: Heidi Moyer** PT, DPT, CEEAA,  
Board Certified Clinical Specialist in Geriatric Physical Therapy  
**Vice Chair: Haim D. Nesser** PT, DPT, CCI, CEEAA, CSRS, LSVT BIG  
**Secretary: Beth Castellini** PT  
Mid-Regional Coordinator | AGPT State Advocate Program
- ◆ As of the beginning of September, the Fall Prevention Awareness Toolkit has been downloaded 2,025 times! Please continue spreading the word on social media.
- ◆ Make sure to follow us on twitter @APTAGeriBFSIG to remain up to date on new events, literature, and upcoming projects the BFSIG has planned!



@APTAGeriBFSIG



<https://geriatricspt.org/special-interest-groups/balance-falls/>

## CURRENT PROJECTS

---

- ◆ BFSIG Chair, Jennifer Vincenzo, is working with the National Council on Aging & AGPT task force to ensure inclusion of PTs' role in fall prevention
- ◆ Our clinical liaisons are beginning to put together the agenda for 2022 Monthly Challenges. If you have an idea / topic you would like to see or be revisited, please contact us at [agptbalanceandfallssig@gmail.com](mailto:agptbalanceandfallssig@gmail.com)
  - Welcome our new Co-clinical liaison, Heather Timothy, PT, MSPT. Heather will work with Stefanie Bond and be taking over for Haim Nesser as he focuses on serving as Vice Chair of the BFSIG.
- ◆ BFSIG Vice Chair, Shweta Subramani is currently working with the Oncology SIG to develop fall risk assessments based on the STEADI for cancer survivors.

## WHAT'S NEW

---

- ◆ Silver Sneakers has been identified by the Center for Disease Control as an evidence-based fitness program to promote physical activity in older adults. Silver Sneakers is a benefit of many Medicare plans. Healthcare providers can now use the link below as a resource to give to patients to determine if they have Medicare Silver Sneakers benefit along with finding locations in their area. Link: <https://files.constantcontact.com/5653ad09001/d4a26508-6d50-49ea-9047-861b755e07fe.pdf>
- ◆ The CDC has created a new clinician resource to help prevent older adult patient falls during a hospital stay and after discharge titled, STEADI: Best Practices for Developing an Inpatient Program to Prevent Older Adult Falls After Discharge. Click on the link for access to this resource! <https://www.cdc.gov/steady/pdf/STEADI-inpatient-guide-508.pdf>

## CLINICAN FOCUS: MEET MATT NAPE!

---



Having started my PTA career in Missouri in 2017 I can really only say one thing; I should have listened to my mom ten years ago! Being lucky enough to have an RN mother aside, even in high school she said that therapies and caring for the geriatric population would be a good fit for me. Like many, the path forward became clear when a loved one needed physical therapy; my grandma suffered from a massive stroke. Seeing the level of care, compassion, and skill that was shown to her made it easy to see that this was something I had to be a part of. At the time I was also ready for a life change; at 365lbs I needed a profession that would keep me moving!

My luck continued in being hired at my first choice in Colorado, a 48 bed skilled nursing facility, with a surprisingly varied case mix that really kept me on my toes and using every tool in my toolbox! I had the pleasure of treating there until June of 2021, when I stepped up as interim Program Director during a management transition. Roughly a month later, I was honored to accept the position of Director of Rehabilitations Services for the Kathrine and Charles Hover Green Houses in Longmont, CO. To say I love the Green Houses model and the level of care it allows me to bring to my Elders would be an understatement. My luck continues yet still.

I am a proud member of APTA, and its Colorado and Geriatrics Sections, and have a passion for physical therapy advocacy as I continue to see how it benefits the Elders under my care. I want to do my best to show the world what therapy can do for them and I'm proud to be a PTA working towards that goal. It may be just a little cliché, but let me leave you all with a quote:

“Make sure your servant’s towel is bigger than your ego” -Rick Rigsby

## CURRENT BFSIG LEADERSHIP

---

*Chair: Jennifer Vincenzo, PT, MPH, PhD*

*Vice-Chair: Shweta Subramani, PT, MHS*

*Secretary: Heidi Moyer, PT, DPT, CEEAA*

*Nominating Committee Chair: Deborah Constantine, PT, DPT*

*Clinical Liaison: Haim Nesser, PT, DPT*

*Clinical Co-Liaison: Stefanie Bond, PT, DPT*

*Clinical Co-Liaison: Heather Timothy, PT, MSPT*

*Research Liaison: Jen Gindoff, PT, DPT*

*Community Outreach Liaison: David Taylor, PT, DPT*

*Public Liaison: Angela Onyekanne, PT, DPT*

*PTA Liaison: Ann Lowery, PTA, BA*

*Co-Early Career Liaison: Holly Bennett, PT, DPT*

*Co-Early Career Liaison: Kimberlyn Skibbe, PT, DPT*